



October 4, 2019  
 Fall Coaches Clinic  
 Team Practice  
 Stubblefield Center

UNIVERSITY OF ARKANSAS - FORT SMITH

TIME:	ACTIVITY:	NOTES:										
6:00	Pre-Practice	<table border="1"> <thead> <tr> <th>Perimeter</th> <th>Post</th> </tr> </thead> <tbody> <tr> <td>Ball Handling</td> <td>Post Maker Drills</td> </tr> <tr> <td>Shooting off Scrns</td> <td>Low Post Scoring</td> </tr> <tr> <td>3/3 Red Rotations</td> <td>2/2 Low Post Trap</td> </tr> <tr> <td colspan="2">* 5/5 Shell Defense: <i>Middle to Side Ball Screen</i> <i>Add NY Action to Side BS</i> <i>Post Trap Situations</i></td> </tr> </tbody> </table>	Perimeter	Post	Ball Handling	Post Maker Drills	Shooting off Scrns	Low Post Scoring	3/3 Red Rotations	2/2 Low Post Trap	* 5/5 Shell Defense: <i>Middle to Side Ball Screen</i> <i>Add NY Action to Side BS</i> <i>Post Trap Situations</i>	
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	<p><b>CLOSEOUT w/ High Hands</b>  <b>Must Have High &amp; Active Hands</b></p>											
6:15	Four Corner Passing to 3/0 FB FC Lane Slides											
6:20	1/1 Closeouts (4) 2/2 Positioning (2) 2/2 Ball Screen Defense (2)											
6:30	Pair-up & Shoot Free Throws (2's)											
6:35	4/4 Closeouts <i>Get On to Off Quickly</i>											
6:40	3/3 Closeouts 1) <i>Lay-ups Only</i> 2) <i>Paint Touch Only</i> 3) <i>Add Low Post</i>	7:00 Conversion Progression Drill 1) <i>Pitch Ahead &amp; Skip to Trail</i> 2) <i>Reverse to Side Ball Screen</i> 3) <i>Hold a Get Back at Rim</i>										
6:50	4/4 Change Drill 1) <i>Basket Cuts</i> 2) <i>Down Screens</i>	7:05 5/4 to 5/5 to 5/5 Conversion 1) <i>Attack the Basket (:10)</i> 2) <i>Four Pass Mentality</i>										
6:55	Pair-up & Shoot - Shot Fake Free Throws (2's)	7:15 Free Throws (33) <i>Introduce Team to Coaches</i>										

*Comments:* Next Activity: Tonight Lecture 7:30  
 Saturday Clinic 9:45  
*Coaches, welcome to our Fall Coaches Clinic, we are very excited to host you and your staff. We ask you to be seated in the Lower Sections of the Stubblefield Center, behind the Benches and Scorers Table, and please keep conversation to a minimum and your cell phones on silent. Thank you!*

**TGHT**